



# SUMMER! 2023

## RECREATION CLASSES



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**Class Registration is  
Open NOW!**



# RECREATION ACTIVITIES

**REGISTER HERE:**

**[www.rpvca.gov/parks](http://www.rpvca.gov/parks)**

## Music Classes for all Ages

### Piano for Teens and Adults

Group piano classes are offered with a foundation for music theory and the basic concept of reading music to build that foundation. Classes are taught in a group setting with up to 8 students. Each student is provided with their own keyboard to use for class provided by the instructor.

We will use musical concepts that go along with the piano instruction manuals that are age appropriate for the group being taught. This program is designed to be a progressive program and there are 4 levels to each series of books.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$140.00

**Ages: 13 and up**

**11648 Th June 22 - July 27 5:45pm to 6:30pm**

### Piano Prep

Piano prep class has been developed for our little friends who are not quite ready to go into piano. We focus on small finger dexterity and theory in this fun and active class so that they can go into our group piano class after taking this class.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$135.00

**Ages: 3 - 4**

**11649 Th 2:15pm to 3pm June 22 - July 27**

### Beginning Piano

This program is designed to be a progressive program and there are 4 levels to each series of books.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$140.00

**Ages: 4 - 7**

**11629 Th 3:30pm to 4:15pm June 22 - July 27**

**Ages 8 - 13**

**11630 Th 5pm to 5:45pm June 22 - July 27**

### Returning Piano

Returning Piano is designed for students who have completed Beginning Piano. Prerequisite: Completion of Beginning Piano with Kids Music 'N Motion or equivalent level class.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$140.00

**Ages: 4 - 12**

**11651 Th 4:15pm to 5pm June 22 - July 27**

### Early Childhood Music Class

Each week you and your child will learn new songs including holiday, traditional, old and multicultural. Percussion instruments will be used each week. Rhythm will be taught with drums, castanets, tone blocks, maracas, and bells. All will be washed and sanitized. Movement, dancing and literature are also taught in fun and imaginative ways so that you can interact musically with your child throughout the day.

**Instructor: Kids Music 'N Motion**

**Location: Hesse Park-Fireside Room**

**Fee: \$105.00**

**Ages: Infant (Less than 1y 2 m)**

**11637 W Noon to 12:45pm June 21 - July 26**

**11636 Th Noon to 12:45pm June 22 - July 27**

**Ages: Walking (At least 1y 2m but less than 2 ½)**

**11642 W 10am to 10:45am June 21 - July 26**

**11641 Th 9am to 9:45am June 22 - July 27**

**11640 Th 10am to 10:45am June 22 - July 27**

**Ages: Preschool (At least 2 1/2 but less than 5)**

**11639 W 11am to 11:45am June 21 - July 26**

**11638 Th 11am to 11:45am June 22 - July 27**



## Japanese Immersion Summer Camp

In this class, your child will learn Japanese language and culture. The class activities include: art and craft, story time, songs, letter and number recognition, and outside play time. This is a drop-off class. We provide a snack. Please provide a healthy lunch for your child. \*Only Japanese is used in this class.

**Instructor:** Niko Niko Music

**Location:** Ryan Park Activity Room

**Fee:** \$350.00

**Ages:** 2 - 7

**11669** M W F 10am to 2pm June 2 - June 14

**11666** M W F 10am to 2pm July 3 - July 14

**11667** M W F 10am to 2pm July 17 - July 28

**11668** M W F 10am to 2pm July 31 - August 11

## Bajo el Mar - Spanish for Kids!

Spanish for Kids is an interactive Spanish language class carefully designed to teach kids how to speak, read, and write in Spanish and how to perform songs and dances from different cultures. Teaching methods include stories, songs, puppets, and art and craft projects. By the end of the course, students will be able to speak, read, write, and sing Spanish!

**Fee:** \$220.00

**Location:** Ryan Park-Activity Room

**Ages:** At least 4 but less than 7

**11652** W 3:30pm to 4:45pm June 21 - August 9

## Dance Classes, Fitness and Sports Classes for Kids

### Hip Hop Dance with electriKIDS

Come move n' groove with coach Kristen! In addition to learning basic dance choreography, students will learn fun hip hop dances like "The Cha Cha Slide" and the latest TikTok dance craze. We'll end the session with a performance for all of your fans!

**Instructor:** Kristen DeLeo

**Location:** Ryan Park Activity Room Patio

**Fee:** \$90.00

**Ages:** 5 - 9

**11635** Th 3:30pm to 4:30pm July 6 - August 10



If you are a person with a disability and need an accommodation to participate in programs, services, activities and meetings, contact the City's ADA Coordinator/Risk Manager at 310-683-3157, [adarequests@rpvca.gov](mailto:adarequests@rpvca.gov), 30940 Hawthorne Blvd., Rancho Palos Verdes, CA 90275, at least 48 hours in advance to request an auxiliary aid or accommodation.

## Karate for All Ages

### Karate with Sensei Adam

Kids, adults, and families will learn Karate in a fun and Supportive atmosphere. They will learn basic kicks, blocks and punches, basic falls and more, from 2nd Dan Sensei Adam former student of Chuck Norris. All students will have the opportunity to test for higher Belt.

**Instructor:** Adam Palmer

**Location:** Ryan Park - Picnic Area

**Fee:** \$195.00

**Karate for Kids**

**Ages:** 4 - 13

**11646** S 11am to Noon June 17 - August 12

**Karate for Bigger Kids and Adults**

**Ages:** 13 and up

**11644** S 12:30pm to 1:30pm June 17 - August 12

**Karate for Preschoolers**

**Ages:** 2 1/2 - 5

**11647** S 10am to 10:50am June 17 - August 12

**Karate for Individuals and Families**

Families and individuals can train together.

**Ages:** 4 and up

**11645** Th 3:30pm to 4:30pm June 15 - August 10

### Introduction to Lacrosse with Trident Lacrosse

Introduction to the game of lacrosse for boys and girls in grades 1-8 with an emphasis on developing proper fundamentals and building a solid foundation of lacrosse concepts. Players will be grouped by age, and taught skills in a fun and positive environment.

**Instructor:** Trident Lacrosse

**Location:** Ryan Park Grass Field

**Fee:** \$125.00

**8 Week Session**

**Ages:** 5 - 13

**11643** Tue 4pm to 5pm June 13 - August 1





## Soccer with Sportball

Classes are packed with high-energy fun, using imaginative coaching techniques and a continuous flow of drills and games to keep things rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling and goalie skills.

**Instructor:** Sportball South Bay

**Location:** Ryan Park - Grass Field

**Fee:** \$135.00

**Ages:** 2 - 3

**11660** Sa 9am to 9:45am August 5 - September 16

**Ages:** 3 - 6

**11661** Sa 10am to 10:45am August 5 - September 16

## T-Ball with Sportball

Incredibly, children as young as 2 years old can start launching their baseball dreams at Sportball and maybe even some home runs too!

**Instructor:** Sportball South Bay

**Location:** Ryan Park - Grass Field

**Fee:** \$135.00

**6 Week Session**

**Ages:** 2 - 3

**11664** Sa 11am to 11:45pm August 5 - September 16

**Ages:** 3 - 5

**11663** Sa Noon to 12:45pm August 5 - September 16

## Soccer & T-Ball with Sportball

**Instructor:** Sportball South Bay

**Location:** Ryan Park - Grass Field

**Fee:** \$135.00

**6 Week Session**

**Ages:** 2 - 3

**11657** Su 11am to 11:45pm August 6 - September 17

**Ages:** 3 - 5

**11658** Su Noon to 12:45pm August 6 - September 17

## 8 Sport Multi-Sport with Sportball

Children are introduced to different sports in each class, including soccer, basketball, football, volleyball, golf, hockey, baseball, and tennis. Parent participation required for children under age 3.

**Instructor:** Sportball South Bay

**Location:** Ryan Park - Grass Field

**Fee:** \$135.00

**Ages:** 16m - 3

**11656** Su 9am to 9:45am August 6 - September 17

**Ages:** 3 - 6

**11655** Su 10am to 10:45am August 6 - September 17

## Summer Camp with Sportball: Epic Sports Week

Sportball Campers will learn and play 8 different sports throughout the week with our fun skill-based games, drills and game play (soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Your Sportballer will be talking about the Epic Time (hosted daily) they had for the rest for the summer, with different activity daily from water games, dodgeball tournaments, Lego building, Nerf challenges, Dodgeball Tournaments, Battleship, Kickball, recess games and so much more! Please send a nut free snack and lots of water daily with your child.

**Instructor:** Sportball South Bay

**Location:** Ryan Park - Grass Field

**Fee:** \$175.00

**Ages:** 3-5

**11696** MTuWThF 9am to Noon June 19 - June 23

**11675** MTuWThF 1pm to 4pm July 24 - July 28

**11678** MTuWThF 9am to Noon August 21 - August 25

**Ages:** 6 -12

**11671** MTuWThF 1pm to 4pm June 19 - June 23

**11674** MTuWThF 9am to Noon July 24 - July 28

**11676** MTuWThF 9am to Noon August 7 - August 11

**11679** MTuWThF 1pm to 4pm August 21 - August 25

## Summer Camp with Sportball: Outdoor Video Game Week

**Instructor:** Sportball South Bay

**Location:** Ryan Park - Grass Field

**Fee:** \$175.00

**Ages:** 6 -12

**11673** MTuWThF 1pm to 4pm June 26 - June 30

## Summer Camp with Sportball: Super Hero Sports Week

**Instructor:** Sportball South Bay

**Location:** Ryan Park - Grass Field

**Fee:** \$175.00

**Ages:** 3 - 5

**11672** MTuWThF 9am to Noon June 26 - June 30

**11677** MTuWThF 1pm to 4pm August 7 - August 11

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# Adult Classes

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### Beginning Bridge

Grab a seat at a table. We'll add a deck of cards, three new friends and a light topping of instruction. Bridge is a game of simple rules of play, simple rules of bidding, and the challenge of never playing or bidding the same hand twice in a lifetime.

Instructor: Andy Smith

**Location: Hesse Park Fireside Room**

**Fee: \$140.00**

**Ages: 18 and up**

**11628 M 6:30pm to 8:20pm June 12 - August 14**

### Advancing Beginner's Bridge

You finally get great cards. Can you find and make a slam? If you know the basic bridge conventions (maybe from a long while ago), you have what it takes. No need to sign up with a partner. Our format is Party Bridge with rotating players. Join us.

Instructor: Andy Smith

**Location: Hesse Park Fireside Room**

**Fee: \$140.00**

**Ages: 18 and up**

**11627 Th 6:30pm to 8:20pm June 15 - August 17**

### Shimmy & Shake Dance Fitness

Forget the workout. Party your way to fitness and health. Dance to the infectious beat of music hits from each decade. Stay in shape from head to toe without really trying.

**Location: Hesse Park**

**Fee: \$96.00**

**Ages: 18 and up**

**11692 W 10:30am to 11:30am June 21 - August 9**

### Strengthen, Stretch & Stroll in the Park

Warm up with a walk in the park. In the Fireside Room lift weights to strengthen & stretch. Students are to provide their own handheld weights and exercise mat.

**Location: Hesse Park**

**Fee: \$104.00**

**Ages: 18 and up**

**11697 M 9am to 10:15am June 19 - August 14**

### Chair Yoga

Yoga is an opportunity to join together your body, mind and spirit. In this class you can receive the benefits of yoga from the comfort of a chair. The class will include breathing techniques, stretching, strengthening, balance and relaxation. Instructor: Kathleen Borgida

**Location: Hesse Park Fireside Room**

**Fee: \$96.00**

**Ages: 18 and up**

**11700 Tu 9am to 10:15am June 20 - August 15**

**11704 Tu 10:30am to 11:45am June 20 - August 15**

### Yoga for You

You are invited to experience yoga as a way to connect physically, mentally, and spiritually. We will practice with movement, postures, breathing techniques, mudras, and mantras. All are tools to improve balance, strength, flexibility, posture, and a sense of well-being.

Instructor: Kathleen Borgida

**Location: Hesse Park - McTaggart Hall**

**Fee: \$117.00**

**Ages: 18 and up**

**11653 Th 9am to 10:15am June 22 - August 17**

### Beginning Yoga

Yoga addresses the whole person. Learn poses, breathing techniques and meditation to improve flexibility, strength, balance and an overall sense of well-being.

**Location: Hesse Park - McTaggart Hall**

**Fee: \$117.00**

**Ages: 18 and up**

**11694 Th 10:30am to Noon June 22 - August 17**

### Yoga Inside & Out

Yoga with a focus of practicing from the inside and bringing out the practice into your everyday life building from poses, breath, mantra & meditation to growing inner peace, gratitude & joy. Students provide their own mat & blanket.

**Location: Hesse Park Fireside Room**

**Fee: \$104.00**

**Ages: 18 and up**

**11701 M 10:30am to 11:45am June 19 - August 14**

### Zen Balance Yoga

A combination of traditional, yet scientifically-designed and tested Hatha Yoga moves and poses that strengthen and develop muscles and joints. Practice will improve balance, coordination, and mindfulness.

**Location: Hesse Park Fireside Room**

**Fee: \$96.00**

**Ages: 18 and up**

**11693 W 9:30am to 10:30am June 21 - August 9**